

COVID-19

Frequently Asked Questions

What are the symptoms of COVID-19? What should I do if I develop symptoms?

Coronavirus Disease 2019 (COVID-19)

Signs and Symptoms of COVID-19

**Fever over
100.4° Fahrenheit**



Cough



**Shortness
of Breath**



Call ahead to your medical provider for guidance if you develop the symptoms above.
Tell your medical provider if you have traveled anywhere outside of Valdez
or have been in close contact with a person known to have COVID-19.

Local Medical Providers



The Alfa Doc, LLC
(907) 835-2532
Monday, Thursday, and Friday
10:00 a.m. - 6 p.m.
Wednesday
10:00 a.m. - 7:00 p.m.



Valdez Medical Clinic, LLC

Valdez Medical Clinic
(907) 835-4811
Monday-Friday, 8:15 a.m. - 5:00 p.m.



Valdez Public Health Clinic
(907) 835-4612
Monday-Friday
8:00 a.m. - 4:30 p.m.



Providence Valdez Medical Center
(907) 835-2249
Open 24/7

**CALL BEFORE YOU GO TO THE DOCTOR'S OFFICE,
PUBLIC HEALTH CENTER OR HOSPITAL!
TELL THEM ABOUT YOUR SYMPTOMS AND RECENT TRAVEL.**

What are the requirements for self-quarantine under Valdez Public Health Mandate 001?

If you are entering Valdez by air or sea, or arriving in Valdez from a location within 100 road miles of a community with a known COVID-19 infection, or have entered/arrived in Valdez as provided above within the last 14 days, you must:

1. Self-quarantine and maintain appropriate social distance from others (about six feet) for 14 days from the date of your last arrival in Valdez.
2. Contact your employer and self-quarantine for the entirety of that 14-day period.

Is the 14-day quarantine period in Valdez Public Health Mandate 001 retroactive?

Mandate 001 went into effect at 10:00 p.m. on March 23, 2020.

If you entered/arrived in Valdez less than 14 days prior to March 23, 2020 at 10:00 p.m., you must self-quarantine for 14 days from the day of arrival in town. This applies to both residents and visitors who arrive by air or sea or who have been within 100 road miles of an affected area.

If you enter/arrive in Valdez after March 23, 2020 at 10:00 p.m., you must self-quarantine for 14 days from the day of your arrival in town. This applies to both residents and visitors who arrive by air or sea or who have been within 100 road miles of an affected area.

Examples:

- If you traveled to Fairbanks and had been back in town for four days when the mandate went into effect, you must self-quarantine for 10 more days, for a total of 14 days.
- If you must travel to Anchorage for a critical specialty medical appointment, when you get back to Valdez you will need to self-quarantine for 14 days.

What happens if I develop COVID-19 symptoms while in self-quarantine?

If during your self-quarantine you begin to develop COVID-19 symptoms - including fever, cough and difficulty breathing - your quarantine turns into isolation and you must contact your medical provider for screening.

If you are tested for COVID-19, you must stay in isolation until you receive your test results. If you test positive for COVID-19, you must stay in isolation until cleared by your medical provider or public health officials.

I would like to volunteer to help the community? How do I get connected to make the most difference?

- [Valdez Neighbors Facebook Page](#) - The place to connect to help neighbors. Private message the page if you would like to find ways to help those who might be in self-isolation, quarantine, and isolation. [Click here to visit the page.](#)

- Unified Command Logistics Section - The place to connect if you are a licensed medical professional or have a specific set that might help preparedness or operational response efforts. Email your skills, abilities, knowledge, and licensing to the Logistics Section: resources@valdezak.gov

I have supplies I would like to donate. How can I do so?

For now, please inventory and hold on to your items. The Unified Command Logistics Section will put out a call for specific resources through our informational channels once the need arises. You can also send an email to resources@valdezak.gov.

Where can I find real-time, local updates for the COVID-19 situation?

Please visit the Unified Command's official Facebook page for more information: www.facebook.com/ValdezUCGR